



Nebraska Healthy Mothers Healthy Babies Helpline

Healthy Mothers Healthy Babies Helpline



24 Hour Helpline
All calls are confidential.

1-800-862-1889

CALL: 1-800-862-1889

Department of Health & Human Services
DHHS
N E B R A S K A
P.O. Box 95026
Lincoln, NE 68509-5026
25-53-00



PLANNING A BABY?

Find out how you can improve your chances of having a healthy baby before you even get pregnant.

PREGNANT?

Did you know that getting regular medical care early in your pregnancy will improve your chances of having a healthy baby? We'll help you find a healthcare provider.

A NEW PARENT?

There are many steps you can take to keep your family safe and healthy. Call and our trained nurses will answer your questions.

IF YOU NEED HELP..

We can provide referrals for medical, financial, emotional, and other health related assistance.

CALL: 1-800-862-1889



To find out how you can get your baby off to a healthy start, call the Nebraska Healthy Mothers Healthy Babies Helpline...

CALL: 1-800-862-1889

We'll answer your questions, refer you to health care, and provide you with information on how to improve your chances of having a healthy baby.

Please go to: <http://dhhs.ne.gov/publichealth/MCAH/Pages/MaternalAndInfant.aspx> to download and print brochure .

